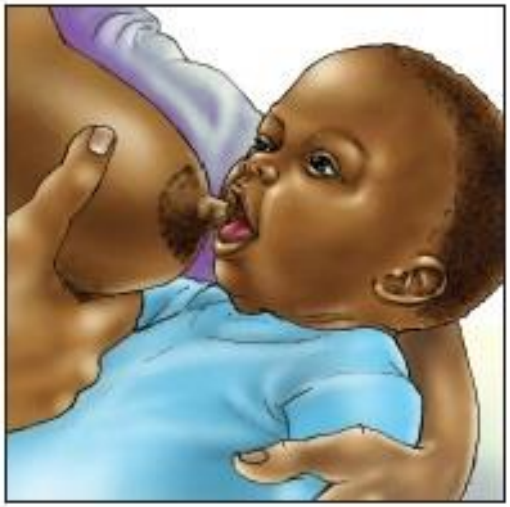
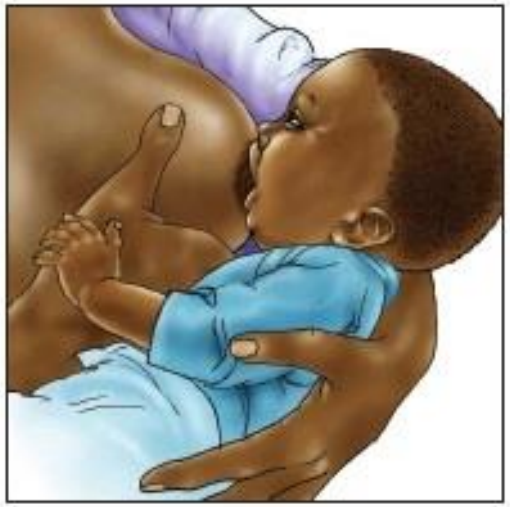
Naturally Nurtured Birth Services

How to Breastfeed Your Baby



- When you first begin to breastfeed, you may need to help the baby attach well to the breast to avoid hurting your nipples.
- Your baby's tummy should be facing your tummy. Touch the baby's lips to your nipple. When the baby's mouth is opening wide, move the baby quickly onto the breast, aiming the lower lip below the nipple.



- Check that your baby is feeding well by seeing that the baby's
  - mouth is wide open
  - lower lip is turned outward
  - chin is touching the breast
  - cheeks are rounded
- The baby should take most of the dark skin (areola) into its mouth. The baby's tongue should be over the bottom gums. If the baby is in a bad position, or if you feel any pain, then gently take the baby off the breast and start again.



- Your baby should take slow, deep sucks while breastfeeding, sometimes pausing. You may also hear the baby swallowing.
- Let your baby finish one breast first and come off the breast on his or her own. This is a sign that the baby has gotten most of the milk out of that breast. Then give your baby the other breast. This will ensure that your baby gets the most nutritious and satisfying milk.

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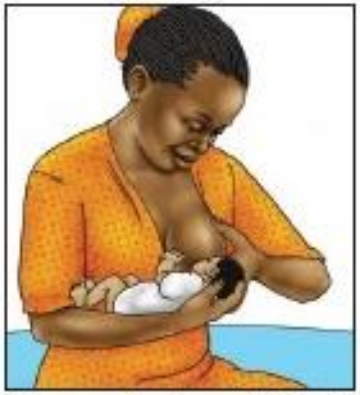
There are many ways to breastfeed your baby



Chest position – immediately after birth



Cradle position



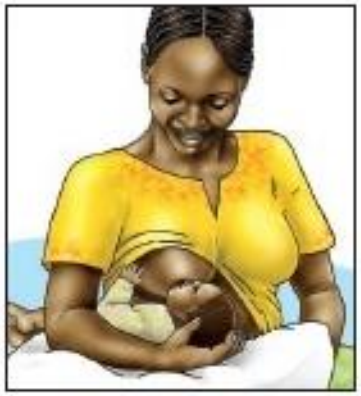
Cross cradle for small infants



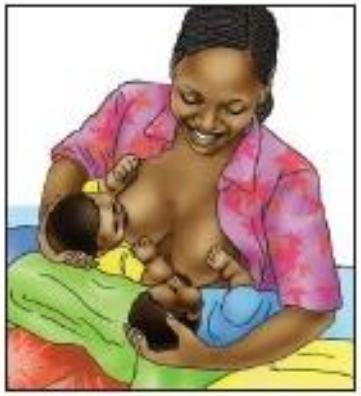
Hand expression



Lying down



Under arm position



Under arm position for twins



Cross position for twins

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